

WHITE SKY HOPE CENTER

395-4818

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**Just
For
Today**

~CELEBRATING SOBRIETY IN ROCKY BOY, MONTANA~

The White Sky Hope Center is a unique facility that Rocky Boy is blessed to call our own.

It is one of the best in which to receive treatment for chemical dependency issues.

We are available for many different services. Some of these are outpatient groups, intensive outpatient, RTEC, individual sessions with a counselor, and family educational groups.

The staff are very welcoming, genuine, and helpful.

Sobriety is the traditional way for our people... we can do it, TO-

GETHER!!

There are opportunities to connect with our community and take part in the cultural ceremonies, such as sweats, pow-wow, smudging, etc.

Every journey begins with the first step...

Call Mike Geboc or Gloria Little at 395-4818

RTEC stands for Residential Treatment Expansion Consortium

It is a program of 9 months, in which a client would commit to living in a therapeutic community while receiving treatment for substance abuse disorders. We will reassess a client's situation at 3 months, 6 months, and 9 months.

There are 2 beautiful homes in our RTEC program. One of the homes is for men and the other is for women. These homes are very beautiful, safe environments.

Both men and women are in group sessions Monday through Friday.

During the weekend, they are allowed to take pass to spend time with family or for free time. Also, about once a month, the entire group takes an outing together~one of the favorite trips was when they all went to Spokane, WA...learning to live is what is taught in the RTEC programs!!



TESTIMONIALS

Benefits of being at the lodge help you learn to live on your own, to accept responsibility, and to be held accountable for your own actions.

I've learned that there are healthy ways to cope with our addictions...that there are positive ways, and positive actions that stem from my new ideas and concepts about addiction.

I'm learning to be more open-minded and to be able to accept feedback from people.

It would be very beneficial for ANYONE to stay at the men's or women's lodge to learn about sobriety and how to deal with it.

~Pete S.~

**"ANYONE
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from a stay at
either the men's
or the women's
lodge to learn
about
sobriety..."**

I have learned a lot from coming to the home. The best of all~ I have learned how to handle my addictions and become a better father and husband.

I have RE-LEARNED the value of life...

And to appreciate the things and people I have in my life... I have FREEDOM today!!

~Brandon E.~

The benefit of being in the White Sky Hope Center men's lodge is: an individual learns to maintain a sober and drug-free lifestyle.

It is structured as a therapeutic community with the staff of White Sky Hope supporting and guiding us in our recovery.

Individuals are taught to be involved in community activities that support wellness and spirituality.

~Jimmy G.~

WOMEN'S TESTIMONIALS

I have been in the women's lodge for 5 months, though it only seems like last week I arrived here in Rocky Boy.

I have learned what and how I am really feeling, how to cope with those feelings without using meth, pain pills, or alcohol.

I have been afforded the opportunity to learn about my culture, using my smudge everyday. I get to go to a sweat every week if I want. I have finally had my naming ceremony done. None of this

would have happened if I didn't have White Sky Hope to come to.

I am grateful because I had a plan to commit suicide... I have learned that it is not our way~suicide, drugs, alcohol...

The men and women in the RTEC program are like a family and the staff of White Sky become part of that.

This treatment facility is one of a kind~ and Rocky Boy is blessed to have White Sky Hope Center!!

I look forward to what life may bring...

I am Sacred, I am Holy

That is what I was told

That is what I believe!!

~Kerry M.~

I would like to add that my time has flown by... I never thought I could do more than 35 days in treatment and I have been here for 5 months. I am very proud and amazed by this!!

*I don't have to
have a pain pill
just to eat, go to
work, stay at work,
do the dishes, have
a birthday party,
go to family
events...wake up,
go to sleep..*

Living my life in a constant state of intoxication wasn't working for me or my family. People I love and care about didn't want to talk to me or be around me when I was drinking. It used to be fun and then, it became a 24/7 problem! How was I going to get enough booze to get me drunk? My tolerance level was so high I had to drink 12-18 beers a day. My disease had progressed so I no longer had any control over it- it controlled me. I went to MCDC for intensive treatment then came to White Sky Hope. I have been in the women's lodge for about 9 months. I'm grateful they were here for me...sobriety IS working for me! With the support of WSHC and my Higher Power {our Creator}, I am proud to say my family loves me and enjoys talking to me now!! I celebrated 1 YEAR sober on 01/13/13... I did have one slip, but I got right back on track~ I realized that getting drunk and high doesn't work. Thankyou, WSHC for helping me stay sober~I like it...no, I LOVE IT!!

~Krisiti H.~

*I don't have to
have a pain pill
anymore~
THANKS to the
Creator, and to
White Sky*

If you keep doing what you've always done- you'll keep getting what you've always gotten.

~Kenneth Blanchard~

When you are down to nothing, God is up to something!! unknown

If you or someone you know has a problem with drinking, drugs, or gambling... these are all behaviors which can easily become addictions... please do not hesitate to contact the WHITE SKY HOPE CENTER !! We also hold NARCOTICS ANONYMOUS meeting at noon on Tuesdays and ALCOHOLICS ANONYMOUS meetings at 1pm on Wednesdays. Or just show up @ 840 am each morning for an hour.

There is AA in Box Elder on Tuesday Nights.

I have been at the White Sky Women's lodge for 3 1/2 months and I have 5 months of clean & sober time. Being at White Sky is very beneficial for me. I get to spend time with my kids and my family. I was on my last chance of freedom in October of 2012~ I'm very lucky the judge gave me a second chance. Not only did he give me a 2nd chance @ treatment, but a 2nd chance @ LIFE!! I've learned very useful tools. I now know that I don't need to use pain pills or meth to cope with everyday life situations. I get to enjoy spending time with my babies and my family SOBER! Before I got sober I hated the person I became-I needed pain pills and meth just to get through the day. I was using for 8 years. WSHC has helped me LOVE the person I am today. I've learned to accept... I've learned to forgive... I would recommend this program to ANYBODY who is willing to change their lives~ IT WORKS, but only if you want it to!!

~Justine B~



IF YOU KNEW
THAT YOU WOULD
NOT FAIL....
WHAT WOULD YOU
BE DOING

???

SOBRIETY VS. RECOVERY

Sobriety is when a person is no longer using drugs or alcohol.

Recovery is when the addict is leading a brave, happy, and fulfilling life~on life's terms.

Recovery from addiction is a powerful process. It allows the addict to see themselves clearly: defenses, character defects, strengths, etc...

The goal of recovery is to reach our full potential in

life while maintaining abstinence from drugs, alcohol, and other compulsive behaviors.

Through interpersonal development with self, the addict will begin to develop positive coping skills to deal with stress, grief, anger, loss, fear, and even happiness, joy, love...

~Jonna S.~

